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COURT

Sex charges should be dropped: Defence

A former doctor accused of sexually assaulting two young boys should have his charged dropped, the man's lawyer argued at his trial on Monday.

Javier Mauricio Castillo Cortes befriended the families of the boys between 2008 and 2009,

the court heard last week.

The defence argues that the boys exchanged stories before going to police and their testimony cannot be trusted.

Before dropping a charge of forcible confinement, the Crown portrayed Castillo Cortes, who was training to be a pediatric neurosurgeon at Stollery Children's Hospital when arrested in 2009, as a predator who seeks young boys for gratification.

The judge is expected to give his ruling on Tuesday. ● METRO

Night Ride gaining momentum: City

Transit users took advantage of the Night Ride buses last Friday and Saturday at twice the rate of the program's opening weekend.

The initiative saw 160 riders — 72 on Friday and 88 on Saturday — leave Whyte Avenue, with one-third getting off at stops before the Southgate end of the line, the city says.

The pilot program, created by Responsible Hospitality Edmonton to get patrons and workers home safely from the entertainment district, runs through mid-April.

Schedules and more information for the 1:30 to 3:30 a.m. buses are at edmonton.ca/nightride.

● METRO

Correction

In the Jan. 16 edition of Metro, a photo depicting the winning sculpture from the Ice on Whyte competition appeared on page 2. In the caption,

Team China was credited with the design. However, the work was completed by Ice Art of Sakha (Republic of Sakha, Russia). Metro regrets the error and any confusion it may have caused. ● METRO

Calgary couple back home after 'horrific' shipwreck

► All 12 Canadians aboard the Costa Concordia survived ► The captain, Francesco Schettino, faces several charges, including manslaughter



KATIE TURNER
@METRONEWS.CA

Hugs, kisses and plenty of tears were shared at the airport on Monday evening as a Calgary couple returned home after surviving the wreck of the Costa Concordia off the coast of Italy.

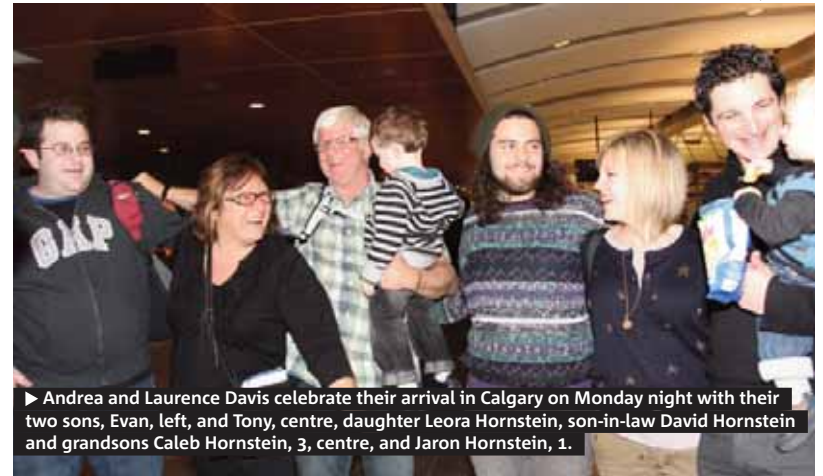
After hours of travel, Laurence Davis, 60, and his wife, Andrea, 52, were greeted at the arrivals gate by two eager grandsons holding Welcome Home signs.

"It feels absolutely great to be back home," Laurence said.

"It was a horrific experience — one that I wouldn't wish anyone to live through."

The couple recounted their experience on the Costa Concordia, saying they were sitting down to dinner and had just ordered a bottle of wine when they heard a loud noise. Then the power went out.

The scene quickly turned to chaos and eventually the couple scram-



► Andrea and Laurence Davis celebrate their arrival in Calgary on Monday night with their two sons, Evan, left, and Tony, centre, daughter Leora Hornstein, son-in-law David Hornstein and grandsons Caleb Hornstein, 3, centre, and Jaron Hornstein, 1.

bled to the fourth deck, with water rushing around their feet.

"They had one spot (on the lifeboat) and they asked Andrea if she wanted to come in. And we looked at each other and decided we're in this together, there's no way we're separating," Laurence said.

"I just looked at Andrea and said, 'This is it. We're going to swim or we're going to die.'"

After about a 20-minute swim in frigid water, the pair made it to shore with just minor scrapes and bruises.

As the investigation continued in Italy into the cause of the shipwreck, Andrea said she does not harbour any anger toward the cruise line or its staff.

"I'm just so grateful," she said. "We never thought we'd be able to say today is the first day of the rest of our lives."

Cruise control

- The Davises have been on cruises before and were familiar with safety protocols.
- The couple have a cruise booked in six weeks, but their daughter, Leora Hornstein, isn't keen on the idea.
- "Your daughter is not going to let you go!" Hornstein said to her mom.

Live long and prosper? That's what the city is hoping for

How should Edmonton diversify its economy to prosper in the coming years?

Over the next month, Edmontonians can offer their ideas by filling out an online questionnaire — about 15 minutes long — that will be used as a research tool to help Edmonton become a strong, competitive world city — one that is diverse and sustainable.

"The Way We Prosper is a long-term economic development strategy for the city, and we want public input to complement what we're asking of the business community," said

► The city wants ideas on how Edmonton can thrive.



Larry Wall, project manager. "Our objective is that several hundred people will respond to the questionnaire."

Focus groups and a spring workshop will also gather input from residents on issues such as the arena and downtown business development.

The information gathering throughout this year

Bright future

- The city's six plans for the future touch on the way we live, grow, move, green, prosper and finance. The first four plans are in progress.
- The questionnaire is online only, but residents can request a printed copy, too. Go to thewayweprosper@edmonton.ca for more information.

will be used to create a strategy for council to guide Edmonton's economic priorities over the next decade.

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Yemen town seized by al-Qaida

► Yemen's al-Qaida branch is considered one of terror organization's most dangerous franchises

A band of al-Qaida militants has taken full control of a town 100 miles south of the Yemeni capital Sanaa, overrunning army positions, storming the local prison and freeing at least 150 inmates.

The capture of the town of Radda on Monday expanded already significant territorial conquests by the militants, who have taken advantage of the weak cen-

tral government and political turmoil roiling the nation for the past year during an anti-regime uprising inspired by Arab Spring revolts.

Authoritarian President Ali Abdullah Saleh recently agreed to step down after months of resisting the protests against his 33-year rule. But he remains a powerful force within the country and a spark for ongoing

unrest.

Al-Qaida in Yemen had previously taken control of a string of towns in the mostly lawless south. But its capture of Radda is particularly important because it gives the militants a territorial foothold closer than ever before to the capital, where many sleeper cells of the terror network are thought to be located.

THE ASSOCIATED PRESS



► A protester chants during a demonstration in Sanaa, Yemen, Monday, the same day al-Qaida militants seized control of a town south of the capital.

HANI MOHAMMED/THE ASSOCIATED PRESS

Yemen fears

- Fragmented Yemen is the poorest nation in the Arab world.
- There are fears that chaos could lead to a breakup of the country along tribal or regional lines, with the militants in control of inaccessible and heavily fortified pockets deep in the country's mountainous interior.
- This could turn Yemen into something akin to Taliban-ruled Afghanistan, a sanctuary for militants where they could plot terror attacks against the United States and its allies.

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— Alex Strachan, Postmedia News

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It's a battle-of-the-bulge throwdown

► Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign



Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel, to join him.

Dubbed the Cut the Waist Challenge, the campaign aims to encourage the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

Metro challenge

Metro staff are responding to the mayor's Cut the Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle

wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest I've ever been," the mayor said.

"I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

► For exercise, Vancouver Mayor Gregor Robertson bikes to and from meetings.



Peter Kelly
Halifax Mayor Peter Kelly is roughly half the weight of Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. He politely declined the personal challenge, but said he would accept a community challenge.

● METRO HALIFAX



Michael Bloomberg
New York City's trim Mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol.

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Republican field narrows again

► Departure of Huntsman leaves Mitt Romney as the only moderate still in the race

U.S. presidential candidate Mitt Romney stood alone Monday at the top of the field of Republican candidates in this week's primary balloting in South Carolina, where three of his more conservative challengers are splitting the powerful block of evangelical and social conservative voters.

Former Utah governor Jon Huntsman, by far the most moderate Republican

candidate vying for the nomination to face President Barack Obama in November, dropped out of the race Monday and endorsed Romney.

That leaves just five men in the competition heading into South Carolina's critical Saturday vote, and a Romney victory likely would make his nomination inevitable.

Romney previously was first in Iowa caucus voting,



then in the New Hampshire primary polling last week.

Republicans now seem to be slowly converging on Romney as the best of the Republican field to deny Obama a second term in the White House. Obama's incumbency is heavily weighed down by the struggling U.S. economy that has been slow to pull out of the Great Recession of 2007-2009. Unemploy-

ment remains high, and millions of Americans have lost their homes to mortgage foreclosures.

The candidates faced a packed week of campaign events and nationally televised debates Monday and Thursday. In the past three decades, no Republican has won the party's presidential nomination without carrying South Carolina.

THE ASSOCIATED PRESS

Conservatives

Republicans have been unable to settle support on one of the following alternatives to Mitt Romney:

- **Rick Santorum:** Former Pennsylvania senator.
- **Newt Gingrich:** Former speaker of the House of Representatives.
- **Rick Perry:** Texas governor.
- **Ron Paul:** Texas congressman and small-government libertarian candidate.

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LARS HAGBERG/THE CANADIAN PRESS

Crown theories akin to bedtime stories: Mom

A mom charged with killing her three daughters turned the tables on the prosecutor in her case Monday, accusing him of having an overactive imagination and likening his theory of what happened to a child's bedtime story.

Tooba Yahya, 42, was on the stand for a sixth day at the Shafia family murder trial, where she, her husband and their son are accused of killing the three girls and the first wife in their polygamous marriage.

THE CANADIAN PRESS

► Tooba Yahya and Mohammad Shafia leave the Frontenac county courthouse in Kingston, Ont., last Friday.

Alleged war criminal must stay in custody

► Quebec City man cited in Rwandan genocide ► UN looking into claims he could be tortured if deported

A Rwandan man who is facing charges of inciting genocide and crimes against humanity will remain detained pending a court decision on his deportation.

Leon Mugesera will return before an immigration board in a week's time if he is still in Canada, commissioner Dianne Tordorf ruled after an hour-long hearing in Montreal on Monday.

Tordorf described Mugesera as a flight risk who couldn't be trusted, given his hospitalization last week just a day before he was scheduled to be deported.

For now, Mugesera will remain at a detention centre near Montreal as lawyers seek to keep him in Canada while a UN committee looks into allegations he could be tortured if he is deported to Rwanda.

Those arguments will be heard this Friday in Quebec Superior Court.

Mugesera appeared fit and healthy as he appeared



► Mugesera

before the board for the detention review, waving to his wife and some of his children in the audience room.

On his lawyer's advice, Mugesera didn't testify at the hearing or answer Canada Border Services Agency questions about his health. That drew a warning from Tordorf that it wouldn't help him in her ruling.

His lawyers argued the government's case against Mugesera was largely hearsay and that he should be freed.

Lawyer Mai Nguyen said Mugesera has never skipped a meeting with border officials. As for his hospitalization, all she would say was that people are hospitalized all the time for different reasons.

"There isn't any evidence that my client deliberately acted to stop his deportation," Nguyen said.

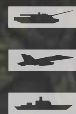
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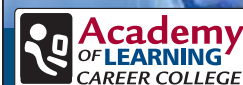
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► Britain's Prime Minister David Cameron, right, speaks with Palestinian Authority President Mahmoud Abbas prior to their meeting in central London on Monday.

Israeli settlements 'vandalism': Clegg

► U.K.'s deputy PM blasts ongoing construction ► Israeli spokesperson rebuffs comments as 'gratuitous bashing'

Britain's deputy prime minister accused Israel on Monday of carrying out "deliberate vandalism" by continuing to build settlements on land the Palestinians hope will form part of a future state.

In an escalation of Britain's previous condemnations of Israeli construction, Nick Clegg warned that continued settlement building is jeopardizing prospects for a peace deal.

"Once you've placed physical facts on the ground that makes it impossible to deliver something that everyone has for years agreed is the ultimate destination ... it is an



► **Nick Clegg**

THE ASSOCIATED PRESS



act of deliberate vandalism to the basic premise on which negotiations have taken place for years and years and years," Clegg said, referring to settlement construction.

Clegg was speaking alongside Palestinian President Mahmoud Abbas, who also was holding talks in London with Prime Minister David Cameron and Foreign Secretary William

Hague — both of whom have previously expressed concern about settle-

"The continued existence of illegal settlements risks making facts on the ground such that a two-state solution becomes unviable," Clegg said.

He said that continued construction would "do nothing to safeguard the security of Israel itself, or of Israeli citizens."

"This is exactly what we wanted to hear officially from the government of the United Kingdom," Abbas told reporters, speaking through a translator.

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COUNTRY IN TURMOIL

Pakistan's PM the target of contempt case

The political crisis engulfing Pakistan deepened Monday when the nation's top court clashed with a beleaguered government already under attack from the powerful army — a com-

bined assault that could bring down the U.S.-backed administration.

The Supreme Court launched contempt proceedings against Prime Minister Yousuf Raza Gilani for failing to carry out its order to reopen a corruption case against President Asif Ali Zardari and demanded Gilani make a rare appearance before the judges Thursday.

If the court convicts Gilani of contempt, he could serve up to six months in prison and be disqualified from holding office.

Even before the latest clash with the court, the



► Akram Sheikh, lawyer of American-Pakistani businessman Mansoor Ijaz, during a break in Monday's hearing.

government was locked in a bitter conflict with the army over a secret memo sent to Washington last year aimed at stopping a supposed military coup.

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FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO



Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard of \$5-a-day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier? In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S-t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

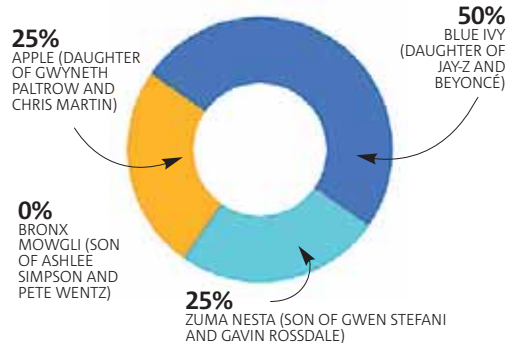
Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

What's your favourite unconventional celebrity baby name?



Local tweets



@gamercyrus:
Whew thank gawd for this

portable car battery booster I bought! Or I'd be screwed right now in this cold. #yeg

@LyndsayOllie: Coldest day in #yeg all year and it has to fall on my birthday! Haha

@MikeyB0101: roads are slick, but if you drive the limit and leave lots of room you'll be fine ... oh wait this is #yeg nobody does that

@ColleenNatasha: Sweet. Get to park underground at work all week. Which is

awesome because the weather this week is horrific. #yeg

@youngsarchuk: Tis the season for long johns under jeans. #yeg

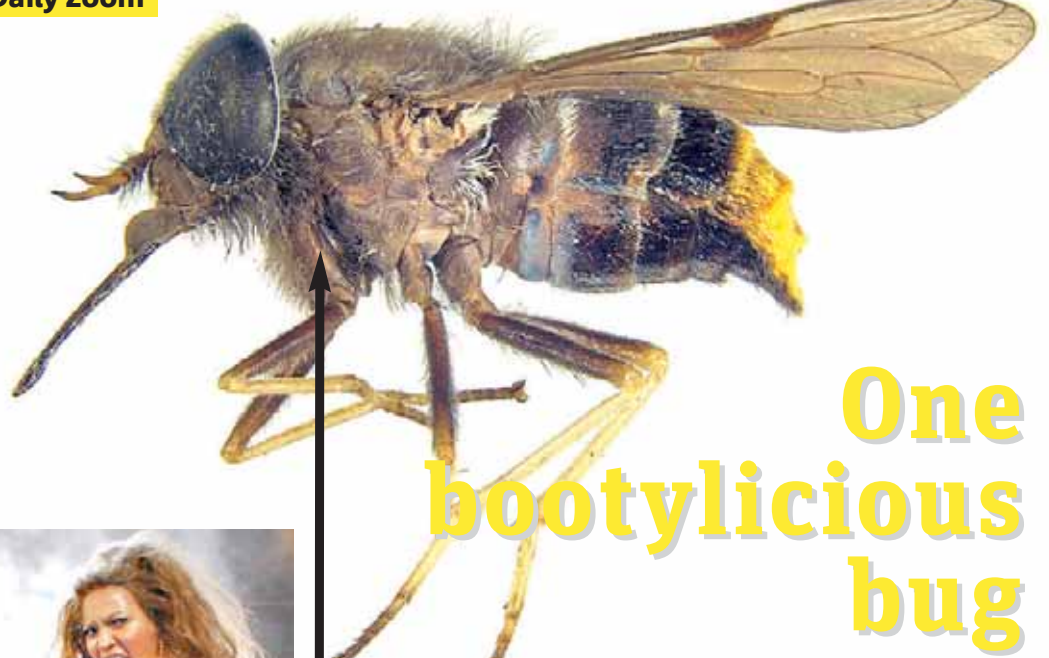
@CurtisJStock: Great. My car wouldn't start this morning. Not that it's cold outside or anything. #yeg

@lookitsjustin: Welp, it is obscenely cold. #yeg

@Valerie_R: Looking at my daily island calendar on my desk and dreaming of being far far away from #YEG

@Burkeboy: If someone says "I love you," and you don't feel the same way, say "I love Youtube" really fast! #yeg

Daily Zoom



Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé.

He wanted to pay respect to the insect's beauty by naming it *Scaptia (Plinthina) beyonceae*.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.

He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

2
sceneBeckinsale gets her
bite back

► Underworld star Kate Beckinsale explains how her stunt work is getting better with age

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METRO WORLD NEWS IN HOLLYWOOD

Scene in brief



Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.

THE ASSOCIATED PRESS

Golden Globe parties
crowded with tired, but
grateful, stars

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies



► Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two

as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double

standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the

Hollywood today

Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are air-brushed and most of those people are probably taking cocaine to be thin."

stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

DVD reviews

Buy it (★★★★★) | Rent it (★★★★) | Borrow it (★★★) | Yawn (★★) | Don't bother (★)

The Ides of March

Genre: Drama

Director: George Clooney

Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and



Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa

Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who

seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation.

● PETER HOWELL

Killer Elite

Genre: Action

Director: Gary McKendry

Stars: Jason Statham, Clive

Owen, Robert DeNiro

★★

In director Gary McKendry's latest eruption, Jason Statham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.

● PETER HOWELL

You're looking so Kate!

► Oh no: Yet another article about getting fit for 2012 ► But wait: This one stars trainer Ramona Braganza, who got Kate Beckinsale ready for *Underworld: Awakening* ► Pull those sweatpants out of your closet and get moving

GETTY IMAGES/METRO WORLD NEWS

1. Visualize the 'new you'

The first step is to set your goal and "see" it. Braganza recommends a literal visualization. "Hang up your favourite pair of skinny jeans so that it's visible to you first thing in the morning," she says.

"Never hide your body, that's just denial. Use a bathing suit as a visual motivator to remind yourself that a bikini-ready body isn't only for beach holidays."

TIP: Although the skinny jeans trick works, don't buy 14 pairs that are too small.

2. Work out who you are

Your personality will determine what physical activities you'll enjoy. If you're sedentary and prefer easy-going rather than strenuous workouts, start by learning some easy moves such as sit-ups against the wall, or light stretches that you can gradually build into yoga sequences," says Braganza. "Faster paced people often feel the need to release energy and tend to gravitate toward more aggressive activities such as kickboxing."

TIP: Get to know your body: take an anatomy or nutrition class.

3. Fill your fridge with good things

"Holiday season aside, neither your diet nor your weight should fluctuate throughout the year and lighter options such as lean meats, fruit and vegetables should never be replaced by rich foods," says Braganza.

"Opt for something filling such as pulses, grains and soups and try and eating a small meal every two to three hours."

TIP: Indulge in your favourite foods up to three times a week. This will avoid small cravings from spiraling into uncontrollable binges.

4. Don't go crazy at the gym

"It can take as little as two weeks of training to make a difference in fitness levels," says Braganza. "The change is gradual but if you combine workouts with a sensible eating plan, physical changes appear within a month." Once you get going, set yourself realistic targets. Braganza suggests anything from 30 minutes to one-hour workouts, three times a week.

TIP: If you're going to the gym, go there ready to hit the treadmill—no futzing around in the locker room, adding extra time.




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Sunday night's alright for fighting

► Elton, husband have choice words for Madge, who decides to play it cool

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet.

When asked by Carson Daly on the red carpet about the chances of



► Elton John



► Madonna

Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!!"

Not satisfied, he contin-

ued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

Brand is 'quite well, thank you'

If you want to know how Russell Brand is handling his split from Katy Perry, you'll just have to come out and say it. Brand played coy when, during a press conference for his new TV series Strangely Uplifting, a reporter simply asked how

he was doing, according to Hollyscoop.

"I'm quite well, thank you," Brand said.

"Are you asking because of recent events? Well, I suppose what you're doing is you're making the mistake of seeing time as lin-

ear."

While Brand tried to avoid discussing his personal life, he does admit it will likely play into his new show.

"I think there will be inevitable biographical elements because you can't



► Russell Brand

speaking from anyone's perspective but your own," he said. ● METRO

Celebrity tweets



Traffic. Right?



@ElizabethBanks



@JulietteLewis

I am fascinated by my upstairs neighbors "activities". Like what could produce the constant creaks, elephant walking, moving of furniture etc



@daxshepard1

The only downside of loving your job is a decreased enthusiasm for TGIF.



@batemanjason

I'm addicted to Activision's SKYLANDERS. Went to three stores yesterday - all sold out of the action figures. Had to go black market. Help.

Demi goes clubbing with her daughters

Demi Moore is getting back into the swing of single life by tagging along with her daughters on their nights out, according to People magazine. Moore hit up nightclub Beacher's Mad-house with 23-year-old daughter Rumer and her young pals recently, where she sipped Red Bull, danced on a couch and chatted up 27-year-old 90210 actor Ryan Rottman, sources say, adding that mother and daughter stuck by each other most of the night and stayed at the club until closing time. ● METRO



Demi Moore

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Ski smarter this season

► We often hit the slopes without training — or thinking about the damage it could have on our body ► Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be

focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.



People focus on building muscle in the legs when they should focus on the back.

AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be

thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree

pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint," she explains.

● METRO WORLD NEWS

3

life

A new study shows



3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

● METRO WORLD NEWS



Antidepressants in late pregnancy may double rate of rare condition in babies

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The workout

3 SKI-BETTER MOVES

This aerobic workout will strengthen your legs, back and arms so that you can make the most of your ski trip.

1 High mountain for better posture and stronger thighs

Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each other.

2 Forward bend with hand clasp stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose.

Exhale, swing forward and clasp your hands behind your back as you fold in to a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings,

back and shoulders in this forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

3 Skier's chair pose into high lunge

chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms.

Inhale, bend your knees and come in to a skier's chair tuck keeping your hands clasped behind your back, abdominals engaged. Bend deeply and gaze forward as you step your right leg back behind you and swing your arms up alongside your ears coming into a high lunge. Make sure your front knee is directly over your front ankle and press firmly through your back thigh and out through the heel.



► Skier's Chair Pose

KRISTIN MCGEE
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► Forward Bend with hand clasp



► High Mountain



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Get the look

These two accessories will keep covered up in the cold and dry mountains. Bring a hat to keep your head warm and goggles to protect your eyes from the blinding sun. And don't forget balm to stop your lips from cracking. ● METRO



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Do you have Diabetes and "Stomach Problems"?

Many people with diabetes develop a stomach condition called "gastroparesis. This causes the stomach to empty too slowly after eating a meal. Because of the slow emptying of the stomach individuals with this condition tend to fill up rather quickly when eating, after eating and they feel full longer.

Researchers at the University of Alberta are conducting a 28 day study in subjects with this condition to test an investigational drug to see if this medication can improve how fast the stomach empties.

If you are interested in learning more about this Clinical Trial, please contact Lee-Ann at the Alberta Diabetes Institute at 780-492-2196



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Beef Arugula Rotini



Preparation:

1 In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.

2 In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 mL (1 tbsp) chopped parsley
- 1 mL (1/4 tsp) fennel powder
- black pepper
- 15 mL (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 mL (2 cups) torn arugula
- 30 mL (2 tbsp) Parmesan

arugula and cheese to serve. **THE CANADIAN PRESS/BARILLA**

Five guys, pleasant surprise

► Franchise making its way into Canadian burger market lives up to the hype

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONews.ca



These five American guys are slowly breaking into the Canadian burger market, so I hit the Sherwood Park location to check out the buzz.

The assembly line was fully in view and I admired neat rows of bedecked buns awaiting burgers and dogs. Heaping boxes of un-

shelled, salted peanuts offered free appetizers while I waited.

I ordered my bacon cheeseburger "all the way" (\$8.49), and Five Guys didn't disappoint. Not only were the patties (there were two!) rich and flavourful, but the jaw-stretcher was filled to bursting with crisp veggies. The fresh-baked bun was unable to restrain the volume of burgery goodness, but I murmured not a word of complaint.

The fries (\$4.99) were crisp and tasty after their cholesterol-free peanut oil bath, and far too plentiful.

I drained my iced tea (\$1.99) and decided I was well satisfied.

On price, ingredients and quantity, Five Guys easily tops its fast food rivals. USDA beef or not, welcome to Canada, guys!



► Bacon cheeseburger (\$8.49) and fries (\$4.99).

Hakuna Frittata, rapini style

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONews.ca



Preparation:

1 In pot of boiling water cook rapini for about 6

mins. or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.

2 In 8-inch (20 cm) non-stick skillet, heat oil over medium heat and cook garlic and pepper flakes for 1 minute or until fra-



► This recipe serves four.

grant. Add rapini and toss to coat; cook stirring for about 8 minutes or until beginning to brown and get crispy.

3 In bowl whisk eggs, cheese, salt and pepper. Pour into skillet stirring

to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to the bottom until bottom is light golden and top is set. Place large plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 3 minutes or until golden.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 bunch rapini, trimmed
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper

- flakes
- 6 eggs
- 1/4 cup (50 mL) freshly grated Parmesan cheese
- 1/4 tsp (1 mL) salt
- Pinch pepper

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GOOD JOB, CANADA!

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONews.CA

Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out \$1,029 on food, drinks, gifts and entertainment; \$300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'. The top three ways to achieve these goals are:

- Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three-year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

- Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.

- On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

How good is your 'hood?

BRUCE SELLERY
MONEY@METRONews.CA

As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love.

The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save some money? Here's Sellery's Top 3 tips for Metro readers.



► Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show premieres Sunday on OWN.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cell-phone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a dif-

► New TV show challenges 100 families to raise their collective net worth by \$1 million over 10 weeks
► If the community makes their goal, one family wins \$100,000

ferent provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and

annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

BRUCE SELLERY IS AUTHOR OF MOOLALA: WHY SMART PEOPLE DO DUMB THINGS WITH THEIR MONEY AND WHAT YOU CAN DO ABOUT IT.

5 minutes with: Amber Bacon

► Canadian ex-bachelorette opens up to Metro about her experience on reality show ► Shares who she's rooting for

PHYLICIA TORREVILLAS
LIFE@METRONews.CA

Amber Bacon, a Port Coquitlam, B.C., nurse and the on-

ly Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message

to Ben Flajnik.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?

I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?

I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?

I think the girls really wanted to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he



► Amber Bacon

would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

How did you feel about not getting a rose?

I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

Are you rooting for anyone?

I really liked Lindzi (Cox), the girl who came on the horse.

I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben? You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on OMNI.

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Nadal wins despite injury

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel, I felt like a crack on the knee ... really strange," Nadal said. "I stand up, I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

Nadal added that he doesn't quite understand what happened, but "I am really happy that today I was ready to play and I played a fantastic match."

Milos Raonic of Thornhill, Ont., is the lone Canadian in the men's singles draw. The No. 23 seed will face unseeded Filippo Volandri of Italy on Tuesday. Vancouver's Rebecca Marino, Stephanie Dubois of Laval, Que., and Aleksandra Wozniak of Blainville, Que., are also scheduled to play Tuesday. **THE ASSOCIATED PRESS**



Raptors lose their fifth game in a row

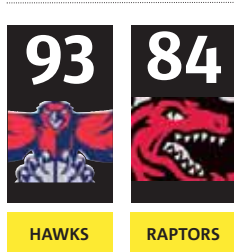
► Josh Smith scores 28, Joe Johnson 27 as Atlanta downs Toronto

Josh Smith believes the Atlanta Hawks can keep winning even though centre Al Horford will miss the next three to four months with an injury.

"We have veteran guys who have been there and done that before," Smith said. "All we need is to just keep flying under the radar."

Smith scored 28 points and pulled down a season-high 15 rebounds and Joe Johnson added 27 points to help the Atlanta Hawks win their third straight game, 93-84 over the Toronto Raptors on Monday.

The Hawks are 3-0 since Horford tore his left pectoral muscle last week, and Smith is hardy concerned that Atlanta has yet to beat a strong opponent



during that stretch. Charlotte, Minnesota and Toronto are a combined 11-29.

Leandro Barbosa had 22 points off the bench for Toronto, which has lost five straight.

Toronto was without centre Andrea Bargnani, the NBA's ninth-leading scorer, for the third straight game because of a strained left calf. Reserve guard James Johnson

didn't play because of a sprained right ankle.

The Raptors twice cut the lead to one late in the third quarter when Barbosa hit a pair of free throws and a runner, but Atlanta went on an 18-9 run that Jeff Teague ended with a free throw to make it 81-71 with 7:55 remaining.

Toronto never got closer than five after Ed Davis scored inside over Smith to make it 85-80 with 2:12 left.

Smith responded on the next possession by jumping from the right baseline and tipping in Johnson's missed runner to give the Hawks an 87-80 lead.

"It sounds like a broken record, but I thought our guys competed," Raptors coach Dwane Casey said.

"We're truly missing our players, but that's no excuse. There's only so much you can ask for from certain players. That's not their role."

Jose Calderon had 13 points and 11 assists and Amir Johnson added 13 points and 10 rebounds for the Raptors, who have lost seven of eight overall and dropped to 2-6 on the road.

The Hawks converted 17 Toronto turnovers into 22 points.

"I don't want to make excuses, but we're a young team and we have a new coach," Calderon said. "Maybe we need some practice. Hopefully we can get on the same page. Sometimes we turn the ball over because we're trying to do too much."

THE ASSOCIATED PRESS

4

sports

Oilers preview

Edmonton at Columbus
5 p.m.
TV: SNET



The Oilers (17-23-4) travel to Columbus (12-27-5), which has lost three of its last four games. Rick Nash has four goals in the last three games and leads the Blue Jackets with 31 points. Curtis Sanford has started every game for Columbus in 2012 except for Jan. 8 against Anaheim, when Steve Mason got the start but was pulled after allowing four goals in the first period. Colton Gillies, claimed off waivers from Minnesota on the weekend, will make his Blue Jackets debut tonight. Jeff Carter (separated shoulder) is out indefinitely. **THE CANADIAN PRESS**



Scan code for more sports.

Crosby turns to familiar treatment

► Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

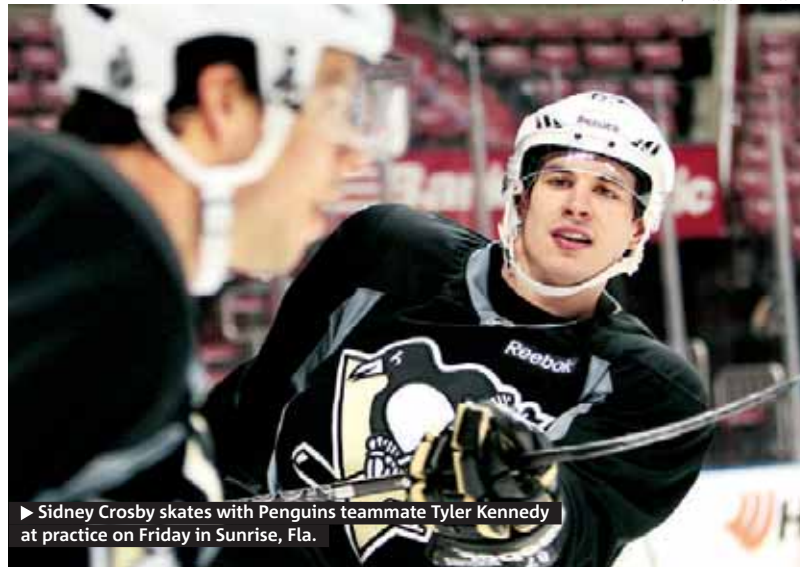
That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."

PENGUINS GM RAY SHERO

road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).



► Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and

Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some

medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was

chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

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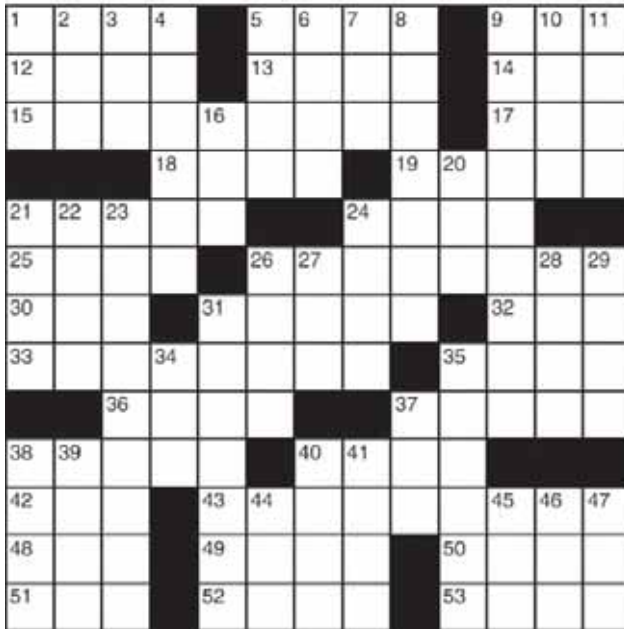
Crossword

Across

- 1 Help on the sly
- 5 Creche visitors
- 9 Sch. org.
- 12 Short skirt
- 13 Astringent
- 14 Rowing need
- 15 Quickly
- 17 Take to the slopes
- 18 Stretch vehicle
- 19 Played Hamlet, e.g.
- 21 Stares stupidly
- 24 Soon, in poetry
- 25 Crucifix
- 26 Some graduate courses
- 30 — and outs
- 31 Maximum
- 32 "The way" in China
- 33 Debris
- 35 Crazy
- 36 Stubborn beast
- 37 Dissolves
- 38 Sordid
- 40 Many millennia
- 42 Standard
- 43 Put off
- 48 Request
- 49 Operatic solo
- 50 Goodyear product
- 51 "Ineed"
- 52 Transaction
- 53 Verve

Down

- 1 Roadie's equipment
- 2 Life story, for short
- 3 Type measures
- 4 Like nobility, e.g.
- 5 Sir's partner
- 6 Too
- 7 Eviscerate



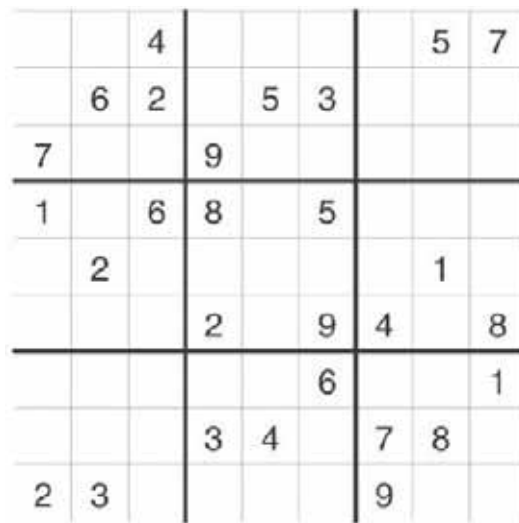
- 8 "This is no joke!"
- 9 Of the very, very young
- 10 Seize
- 11 Saharan
- 16 Man's possessive
- 20 Swindle
- 21 Puzzle diagram, e.g.
- 22 Highly rated
- 23 Mailing-date indicators
- 24 Writer Kingsley
- 26 Location
- 27 Ostrich's cousin
- 28 Huck's transport

- 29 Drunkards
- 31 Frog's perch, maybe
- 34 Piratic potation
- 35 Signify
- 37 Unruly hairdo
- 38 Fix, in a sense
- 39 Relaxation
- 40 Europe's neighbour
- 41 And others (Lat.)
- 44 Raw rock
- 45 Zero
- 46 Historic period
- 47 Lair

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

1	9	4	6	2	3	7	8	5
7	3	8	1	4	5	6	9	2
2	5	6	9	7	8	1	4	3
6	2	7	5	3	4	8	1	9
9	8	5	7	1	6	3	2	4
4	1	3	2	8	9	5	6	7
5	4	1	3	6	2	9	7	8
3	7	2	8	9	1	4	5	6
8	6	9	4	5	7	2	3	1

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -30° Max -28°	Min -31° Max -24°	Min -22° Max -14°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 A.M.



Today's horoscope

♈ Aries March 21-April 20

What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21

You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21

You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22

You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug. 23

Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24-Sept. 22

However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23

Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22

For today's crossword answers and for expanded horoscopes, go to metronews.ca

You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21

Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20

There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18

Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20

Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you.

— SALLY BROMPTON

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.



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